

Diocese of Fort Wayne—South Bend  
**Safe Environment Program**

**Safe Environment Presentation Outline: Kindergarten - Third Grade**

*(\*Presenter's note: This is the basic presentation to be given to younger grade school children. It is for the presenter to make the necessary pedagogical adjustments according to age level. However, the presenter should avoid any audio-visual materials that portray abusive behaviors — such as inappropriate touching.)*

**Sirens.** Just like a fire truck has a siren to warn us that it is coming and to get out of the way, God has given us different kinds of sirens to help us know when we may be in danger. While we all have sirens, not everyone's are exactly the same. Some people have one in their **stomach**. When they feel unsafe, their stomach will hurt, get tight or feel queasy. Some people will feel it in their **shoulders and back**. (*Demonstrate how people may tense up their shoulders and pull them tight up against their ears.*) When they are feeling unsafe their **shoulders and back** will get tense and tight and sometimes start to ache. Many just experience sirens in their **heads** and their **hearts**. Their heart will start to beat very fast and a voice will say to them: "Something is not right; something is not right; I feel scared; I feel scared." You may even have all these sirens go off at the same time. You might not know exactly why or how you are unsafe, but these sirens will warn you that you are in danger.

**ALWAYS LISTEN TO YOUR SIRENS!!! God gave you these sirens and it is important to listen to them.**

Have the children think of times or places when their sirens may go off, such as around strangers, in a public bathroom, at the mall, in a park or when they are alone. Tell them things that adults do to keep them safe at school, such as making sure that visitors have visitor passes, always making sure an adult is with you or near by, keeping doors locked, etc... Adults protect children by watching them. That is why it is important to stay where adults can see you and to let them know where you are going.

**Respecting each other's body and personal space.** Ask them to tell you what they think this means. This may be a new concept for them, particularly the concept of personal space. Explain to them that personal space is the space that is around your body. Have them stand up and put their arms out and turn around in a circle. Explain to them that the circle they just made around them is their personal space. Give examples such as when you are standing in line, or sitting in a circle you should give the person enough personal space.

Respecting each other's body and personal space is an important part of respecting someone. To respect people means to treat them in a kind and gentle way, in a way that makes them feel that you care for them. This is the way God wants us to treat each other. Since nobody likes to be treated in a way that is not loving or respectful, you should always respect each other's body and personal space.

Point out that when you hit or push others, you are not respecting their bodies and so you are not respecting them. If someone hits or pushes you, you need to tell them to stop and that they are not respecting your body. It is not okay to hit or push them back in order to get back at them — that would not be respecting their bodies; but you can push them back and even hit them if that is the **ONLY** way to protect yourself. Have them define and give examples of "protecting yourself" — pushing or hitting back to get away and avoid further harm.

“Some of you may wonder when and where it is okay to touch someone.” Tell them that anywhere your bathing suit covers is off limits. No one at anytime should touch those places. The **ONLY** person that can check those places is a doctor or someone who is caring for your health.

Point out that you also need to respect the personal space of those around you. Sometimes even friends are never comfortable having people closer than an arms length away. (*Raise your arm to show them again.*) Have them think of times when it is okay to be closer, such as when you hug someone, when you shake someone’s hand, when you are sitting next to your parents on the couch watching TV or reading a book. Make the point that if you feel uncomfortable with how close someone is, you can and should ask them to move further away. Another activity for younger children is to have them stand about 6 feet apart from one another and then have one of them very slowly walk toward the other person. When the person standing wants the person to stop they put up their hand. Have them notice how far apart they are. Then have them switch.

**IF AT ANY TIME, YOU FEEL THAT YOU ARE IN DANGER BECAUSE SOMEONE IS NOT RESPECTING YOUR BODY OR YOUR PERSONAL SPACE, YELL FOR HELP AND RUN TO A TRUSTED ADULT IF POSSIBLE.**

You can also talk about respecting property and personal items. Remind them that they need to respect other people’s property and that, even if it is a friend, they need to ask permission to use or borrow something. They also need to accept “no” as an answer. Your personal items are also something that you can protect. It is okay to share, but someone needs to ask permission to touch your toys, or go into your desk or backpack.

Adults are here to protect you. You all have your sirens to tell you when you are in danger, but you need to ask an adult to help you avoid more danger or find ways to safety. **ALWAYS LISTEN TO YOUR SIRENS!!! ALWAYS ASK AN ADULT FOR HELP!!!** (*Have them repeat this after you.*)

# Diocese of Fort Wayne—South Bend Safe Environment Program

## Safe Environment Presentation Outline: Fourth - Eighth Grade

*(\*Presenter's note: This is the basic presentation to be given to older grade school children. It is for the presenter to make the necessary pedagogical adjustments according to age level. However, the presenter should avoid any audio-visual materials that portray abusive behaviors — such as inappropriate touching.)*

**Sirens.** Just like a fire truck has a siren to warn us that it is coming and to get out of the way, God has given us different kinds of sirens to help us know when we may be in danger. While we all have sirens, not everyone's are exactly the same. Some people have one in their **stomach**. When they feel unsafe, their stomach will hurt, get tight or feel queasy. Some people will feel it in their **shoulders and back**. (*Demonstrate how people may tense up their shoulders and pull them tight up against their ears.*) When they are feeling unsafe their **shoulders and back** will get tense and tight and sometimes start to ache. Many just experience sirens in their **heads** and their **hearts**. Their heart will start to beat very fast and a voice will say to them: "Something is not right; something is not right; I feel scared; I feel scared." You may even have all these sirens go off at the same time. You might not know exactly why or how you are unsafe, but these sirens will warn you that you are in danger.

**ALWAYS LISTEN TO YOUR SIRENS!!! God gave you these sirens and it is important to listen to them.**

**Respecting each other's body and personal space.** Ask them to tell you what they think this means. This may be a new concept for them, particularly the concept of personal space. Explain to them that personal space is the space that is around your body. Have them stand up and put their arms out and turn around in a circle. Explain to them that the circle they just made around them is their personal space. Give examples such as when you are standing in line, or sitting in a circle you should give the person enough personal space.

Respecting each other's body and personal space is an important part of respecting someone. To respect people means to treat them in a kind and gentle way, in a way that makes them feel that you care for them. This is the way God wants us to treat each other. Since nobody likes to be treated in a way that is not loving or respectful, you should always respect each other's body and personal space.

Point out that when you hit or push others, you are not respecting their bodies and so you are not respecting them. If someone hits or pushes you, you need to tell them to stop and that they are not respecting your body. It is not okay to hit or push them back in order to get back at them — that would not be respecting their bodies; but you can push them back and even hit them if that is the **ONLY** way to protect yourself. Have them define and give examples of "protecting yourself" — pushing or hitting back to get away and avoid further harm.

"Some of you may wonder when and where it is okay to touch someone." Tell them that anywhere your bathing suit covers is off limits. No one at anytime should touch those places. The **ONLY** person that can check those places is the doctor or another health care professional. *(\*Presenter's note: all children by this age are old enough to wash themselves and rub on medicine by themselves. Therefore there is no reason that anyone would need to touch them unless it is a doctor doing a check up.)*

Point out that you also need to respect the personal space of those around you. Sometimes even friends are never comfortable having people closer than an arms length away. (*Raise your arm to show them again.*) Have them think of times when it is okay to be closer, such as when you hug

someone, when you shake someone's hand, when you are sitting next to your parents on the couch watching TV or reading a book. Make the point that if you feel uncomfortable with how close someone is, you can and should ask them to move further away.

**IF AT ANY TIME, YOU FEEL THAT YOU ARE IN DANGER BECAUSE SOMEONE IS NOT RESPECTING YOUR BODY OR YOUR PERSONAL SPACE, YELL FOR HELP AND RUN TO A TRUSTED ADULT IF POSSIBLE.**

You can also talk about respecting property and personal items. Remind them that they need to respect other people's property and that, even if it is a friend, they need to ask permission to use or borrow something. They also need to accept "no" as an answer. Your personal items are also something that you can protect. It is okay to share, but someone needs to ask permission to touch your toys, or go into your desk or backpack.

**Laws/Rules.** Laws are rules which are made for the good of a community. Some laws are for all people at all times. God's laws are like this. The greatest of these is God's command that we love him with all our heart, mind and soul and love our neighbor as ourselves. He also gave us the Ten Commandments. Imagine what the world would be like if everybody followed God's laws! States like Indiana also make laws for the good of the people of the state — like laws against speeding. Different states have different speed limits — but all of them have one. Even a small group of people — like this classroom — has its own rules that need to be followed for the good of all the students. It is very important that you respect all of these laws or rules.

One law that is both the law of God and of the State of Indiana and of any other state is that you do not harm anyone's body. That means you must respect each other's bodies by not hitting, pushing or touching the areas covered by a bathing suit. Unfortunately, not everyone follows this law. You need to protect yourself from people who break this and other laws. If someone harms you or tries to harm you in this way, make sure you tell an adult. Besides telling a trusted adult such as a parent, teacher, counselor, aunt, uncle or grandparent, the police are people that help protect you from people who speed and break other state laws. The police are people you call when someone breaks into your house.

Sometimes, even adults we love and trust break laws and can hit or touch you in inappropriate ways. No matter who they are you need to tell someone about it. It is easier to tell on another student when he pushes you. It is harder to tell on an adult who is not respecting your body, especially on a friend or family member. Sometimes people who break who do not respect your body tell you not to tell anyone. This is not a secret you should keep.

Some adults can be like the weather — you cannot always predict how they are going to behave. Have you ever planned a trip to a fun spot and in the middle of the day it starts to rain? Even if your parents checked the weather channel and it said sunny day with no rain, it might still rain. You think it will be sunny, but it rains. Some adults who you think will respect your body, do not. Most adults are helpful and will not hurt children, but you have to listen to your sirens when they go off. There are many adults that you can count on to help you stop someone who is not respecting your body or your personal space. If you don't succeed at first, keep searching and telling until you find an adult that will listen and help you.

Adults are here to protect you. You all have your sirens to tell you when you are in danger, but you need to ask an adult to help you avoid more danger or find ways to safety. **ALWAYS LISTEN TO YOUR SIRENS!!! ALWAYS ASK AN ADULT FOR HELP!!!** (*Have them repeat this after you.*) Even if another adult is the one making your sirens go off, you can find an adult to help you. Don't stop telling until you find someone to help you. Telling a friend is not enough. You need to tell an adult. It may be scary to tell someone, but they will help you. Remember to practice protecting your body and your personal space.

1. Listen to your sirens

2. Do not be afraid to resist people and to tell them to stop.
3. Ask for help from an adult